

WEEK 1

MONDAY (1) January 2	TUESDAY (2) January 3	WEDNESDAY (3) January 4	THURSDAY (4) January 5	FRIDAY (5) January 6	SATURDAY (6) January 7	SUNDAY (7) January 8
BREAKFAST						
Oatmeal Pancake w/ Butter & Syrup Pork Sausage Links 100% Juice with Vit. C Fruit Bar	Cream of Wheat Scrambled Eggs Corned Beef Hash 100% Juice with Vit. C Fruit Bar	Oatmeal Boiled Eggs Bacon 100% Juice with Vit. C Fruit Bar	Cream of Wheat Scrambled Eggs & Cheese 100% Juice with Vit. C Fruit Bar	Oatmeal Biscuit & Sausage Gravy 100% Juice with Vit. C Fruit Bar	Cream of Wheat Cinnamon Roll Scrambled Eggs 100% Juice with Vit. C Fruit Bar	Oatmeal Waffle w/ Butter & Syrup Scrambled Eggs 100% Juice with Vit. C Fruit Bar
LUNCH						
Bacon Wrapped Chop Steak Baked Potato Half Harvard Beets Baked Peaches	Baked Ham Sweet Potatoes Buttered Spinach Fresh Orange Slices	Spaghetti w/ Meat Sauce California Vegetables Breadstick Cheesecake Bar	Chicken Tahitian Parslied Rice Seasoned Zucchini Lemon Bar	Chili Cornbread Garden Salad Cookie	Glazed Pork Black Beans Buttered Corn Frosted Cake	Pot Roast Potatoes & Onion Celery & Carrots Vanilla Pudding
DINNER						
Corn Chowder Turkey Sandwich Cucumber Tomato Salad Pears	Chicken Pot Pie Tossed Salad Bread w/ Butter Apple Crisp	Tuna Salad Sandwich Three Bean Salad Strawberries & Bananas	French Onion Soup Roast Beef Sandwich Relish Plate Mandarin Oranges	Mushroom Quiche Spinach Toscana Fruit Cocktail	Minestrone Soup Chicken Caesar Salad Dinner Roll Pineapples	Cheese Omelet Hash Brown Potatoes English Muffin Banana

WEEK 2		BREAKFAST		LUNCH		DINNER	
MONDAY (8)	January 9	Cream of Wheat French Toast w/ Butter & Syrup Pork Sausage Patty 100% Juice with Vit. C Fruit Bar		Garlic Pepper Pork Steamed Rice Buttered Spinach Lemon Bar		Cream of Potato Soup Turkey Sandwich Relish Plate Cookie	
TUESDAY (9)	January 10	Oatmeal Ham & Cheese Muffin Sandwich 100% Juice with Vit. C Fruit Bar		Smoked Sausage Sautéed Onions & Peppers Roasted Potatoes Fruit Mix		Vegetable Quiche Muffin Angel Food Cake w/ Strawberry Sauce	
WEDNESDAY (10)	January 11	Cream of Wheat Cheese Omelet 100% Juice with Vit. C Fruit Bar		Salmon Patty Pasta Cauliflower Pudding Parfait		Macaroni & Cheese Broccoli Bread w/ Butter Creamy Fruit Salad	
THURSDAY (11)	January 12	Oatmeal Pancake w/ Butter & Syrup Pork Sausage Links 100% Juice with Vit. C Fruit Bar		BBQ Chicken Baked Beans Corn Brownie		Shepherd's Pie Garden Salad Emerald Pears	
FRIDAY (12)	January 13	Cream of Wheat Scrambled Eggs Muffin 100% Juice with Vit. C Fruit Bar		Baked Glazed Ham Sweet Potatoes Green Peas Pineapple Upside Down Cake		Vegetable Soup Egg Salad Sandwich Chips Crudites Mandarin Oranges	
SATURDAY (13)	January 14	Oatmeal Biscuit & Sausage Gravy 100% Juice with Vit. C Fruit Bar		Chicken & Rice Casserole Seasoned Carrots Tapioca Pudding		Cheese Ravioli & Marinara Seasoned Zucchini Garlic Roll Peaches	
SUNDAY (14)	January 15	Cream of Wheat Scrambled Eggs Corned Beef Hash 100% Juice with Vit. C Fruit Bar		Mushroom Chopped Steak Orzo Tossed Salad Fruit Pie		Baked Fish Pesto Pasta Buttered Broccoli Pineapples	